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ABSTRACT

Based on the premise that sibling relationships need to be viewed in the context of the family as a whole, this book provides practical guidelines and tools for parents to reduce friction between children and to resolve sibling conflict. Using many different types of family problems as examples, the book illustrates that how siblings relate to one another is influenced by how their parents related to their parents and siblings, how parents treat each of the siblings, how parents communicate with one another, and how parents differentiate between their own psychological issues and those of their children. In addition, the book shows how to recognize and highlight each child's unique abilities and interests, acknowledge their children's efforts to be helpful to one another, deflect the bind that children's loyalties may cause, help children learn to be assertive and avoid aggression, and use rewards and praise to encourage cooperation. The chapters are: (1) "Predictable and Preventable Sibling Conflicts"; (2) "Unfairness, Anger, and Sibling Rivalry"; (3) "Look for Each Child's Unique Abilities"; (4) "Give Credit Where Credit Is Due"; (5) "How Does ADHD Affect Sibling Conflicts?"; (6) "Remember Whose Childhood It Is"; (7) "When Children Try To Carry Parents' Baggage"; (8) "Family Loyalty and Loyalty Conflicts"; (9) "Facilitate Empathy and Altruism"; (10) "Bribery Is Okay"; (11) "When Bribery Is Not Enough"; and (12) "Self-Esteem and Generosity: The Cure for Sibling Rivalry." Appended is information on finding psychological help for resolving sibling conflicts and a list of suggested books for parents and young children. (KB)

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